

**Amendments to the Specification:**

On page 5, line 24, please replace the paragraph beginning with "In the preferred embodiment of the present invention," with the following paragraph, with changes indicated therein:

In the preferred embodiment of the present invention, the heating and cooling pad 13 comprises a flexible and breathable water layer 16, generally comprising two sheets 17,18 (one not shown) of RF-weldable material. The two sheets 17,18 of the pad are RF-welded together in a waffle-like pattern, wherein a plurality of apertures 19 is formed between a plurality of channels 20. The apertures 19 allow the transpiration of moisture from the patient's skin 21 while the channels 20 allow the circulation, via a supply tube 22 and a drainage tube 23, of warm or cool water, as required, through the pad 13 for the heating or cooling thereof.